



Building
stronger
families

Lincolnshire BOSS

Regulation Cards for Home

Maintaining Positive
Behaviours in the
Home

Do 10 jumping jacks

Play copy me. Follow a sequence e.g. touch your head, stamp your feet and jump

Quickly touch something blue, red, yellow, etc.

Build something – Lego, building blocks

Blow some bubbles

Give yourself a butterfly hug (see supporting sheet)

Do yoga poses

Pop some bubble wrap



Hop on one leg 5 times

March like a soldier

Walk while balancing a
paper plate on your head

Count slowly to 10

Walk like a crab

Use a straw to blow a
feather across the table

How many red, blue,
yellow, etc. things can
you see?

Deep breathing – smell a
flower then blow out a
candle

Draw or colour a picture

Give yourself a hug

Muscle relaxation (see
supporting sheet)

Do 5 wall push ups

Squeeze a ball or a
cushion

5-4-3-2-1
(see supporting sheet)

Softly hum your favourite
song

Tap your head and rub
your tummy at the same
time

Simon says

Do 10 star jumps

Balance on one leg until I
count to 5, 10, 15, etc.

Red light Green light.
Name a movement (do it
on the spot) – go on
green, stop on red

Rhythmic activities –
create a clapping patten,
stomp to a beat, tap a
pattern on the table

March on the spot

Stretch up as tall as you
can

Lazy eights (see
supporting sheet)

Supporting sheet

Butterfly hug — direct the child to cross their arms in front of them, holding the left shoulder with the right hand, and the right shoulder with the left hand. Direct the child to breath in and out for a few short breaths. Ask the child to pretend their hands are butterfly wings, and gently flap them against their shoulders. You can set a number of 'flaps' and count together as you do it.

5-4-3-2-1

- 5 things that you can see
4 things you can hear
3 things you can touch
2 things you can smell
1 thing that makes you unique
- 5 colours you can see
4 shapes you can see
3 smooth things you can see
2 people you can see
1 book you can see
- 5 things you like to eat
4 things you like to smell
3 things you like to touch
2 things you like to do
1 thing you're looking forward to today
- 5 star jumps
4 jumping jacks
3 claps
2 high steps
1 self-hug

Mindful yoga

Do the following yoga poses and say the corresponding phrases as you hold the position:

- Warrior pose: 'I am powerful'
- Tree pose: 'I am strong'
- Chair pose: 'I am aware'
- Downward-facing dog pose: 'I am kind'
- Hero pose: 'I am worthy'

Muscle relaxation

- Pushing palms together to release muscle tension
- Lemons - reach up to the tree and pick a lemon with each hand. Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.
Throw the lemons on the floor and relax your hands.
Then repeat, until you have enough juice for a glass of lemonade!
After your last squeeze and throw, shake out your hands to relax!
- Feather/Statue
Pretend you are a feather floating through the air for about ten seconds. Suddenly you freeze and transform into a statue. Don't move!
Then slowly relax as you transform back into the floating feather again.
Repeat, making sure to finish as a floaty feather in a relaxed state.

Lazy eights – draw horizontal number eights in the air with your hands (this activates the brain and improves connection between hemispheres and eye muscle coordination).

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